



I am Moving, I am Learning! Partnership Early Childhood Programs

Resources

There is no shortage of resources available on the internet for obesity prevention in young children. This list is a compilation of some of the available resources that others working in Early Child Education programs have found helpful.

Curriculum

- Grow It! Try It! Like It! Nutrition Education Kit Featuring *MyPlate*: www.teamnutrition.usda.gov (Qty limit: 1 free to CACFP/CNP)
- Farm to Childcare Curriculum: <http://www.iatp.org/documents/farm-to-childcare-curriculum-package>

Teacher Trainings

- [Let's Move Child Care](#)
 - Includes Tools and resources such as free online training videos and webinars
- Head Start Body Start
 - Free Activity Downloads; Activity Calendar; Webinars on Demand; two on line courses on movement with certificates of completion; Family Night Kit; Success stories from child care centers
- [Childhood Obesity Prevention Program: Let's Go Maine](#)
 - Programs – Early Childhood: Includes Toolkit
 - Resources Trainings (including Supersizing Our Children: The Childhood Obesity Epidemic; Moving Children to Good Health; Eat Right, Grow Strong)
- [Book & Boogie Literacy Program](#)
 - Select: Book & Boogie video series with 5 examples

Physical Activity & Nutrition Education Curriculum and Materials for Working with Teachers and Families

- [Choosy Kids](#)
 - Choosy CD's, Logo T-Shirts, printable posters
 - Select: Resource & Links – Choosy - Choosy posters - free and for written lyrics to Choosy CD's
- [Sesame Street Healthy Habits for Life Resource Kit](#)
 - Free online resource kit

- [Pre-K Curriculum Together Counts: Thematic Units](#)
 - Free on-line, also in Spanish
- [EatPlayGrow Creative Activities for a Healthy Start Curriculum](#)
 - Free online curriculum from the National Institutes of Health
- [CATCH Early Childhood Curriculum](#)
 - Six themes each having six components
- [Color Me Healthy](#)
 - Preschoolers moving & Eating Healthy Curriculum
 - Resources: includes music/dance MP3 downloads
- Captain 5-A-Day
 - CT DPH, CT DSS, and University of Connecticut
 - Free activity box, Captain poster, & music CD
 - Contact Idamaris Rodriguez for more information at CT DPH (Idamaris.rodriguez@ct.gov)
- [Early Sprouts](#)
 - Award winning 24 week preschool nutrition and gardening curriculum

Resources for Communicating with Parents of Young Children

- Ethical Family Interventions for Childhood Obesity
http://www.cdc.gov/pcd/issues/2011/sep/11_0038.htm
- Parents Can Play a Role in Preventing Childhood Obesity
<http://www.iom.edu/~media/Files/Report%20Files/2004/Preventing-Childhood-Obesity-Health-in-the-Balance/FactSheetHomeFINALBitticks.ashx>
- Obesity and Overweight
<http://www.med.umich.edu/yourchild/topics/obesity.htm>
- Weigh In
<http://www.stopobesityalliance.org/wp-content/themes/stopobesityalliance/pdfs/stopobesityalliance-weighin.pdf>
- Preventing Childhood Obesity: Tips for Parents and Caretakers
http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/ChildhoodObesity/Preventing-Childhood-Obesity-Tips-for-Parents-and-Caretakers_UCM_456118_Article.jsp
- Weight Problems & Obesity in Children
http://www.helpguide.org/mental/childhood_obesity.htm

- We Can!
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>
- Childhood Obesity
<http://www.eatright.org/Public/list.aspx?TaxID=6442452008>
- Preventing Childhood Obesity: Tips for Child Care Professionals
<https://www.health.ny.gov/prevention/nutrition/resources/obchcare.htm>
- Confronting childhood obesity
<http://www.apa.org/topics/obesity/childhood-obesity.aspx>
- Early Childcare Obesity Recommendations: complete list
<http://www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/early-child-care/early-child-care-obesity-prevention-recommendation-complete-list/>
- ACTION Plan: Healthy People 2010 Objectives for Prevention and Control of Childhood Obesity
<http://www.apha.org/programs/resources/obesity/obesityactplan.htm>
- Childhood Obesity Foundation <http://www.childhoodobesityfoundation.ca/whatFamiliesCanDo>
- Obesity in children-management
http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Obesity_in_children_management
- Childhood Obesity Prevention: Habits2Have
<http://www.besmartbewell.com/childhood-obesity/what-can-i-do-about-it.htm>